

ALBERTA STREET NEWS

Volume 9 Issue 10, 2012

Vendors pay 50 cents



**Celebrating our Daughters
Daughter's Day**
page 2

**Karina
Pillay-Kinnee**
Mayor of Slave Lake
page 3-4

Adopt a Vendor
page 2



**Vendor
of the
Month
Naomi**
page 12

Rock "N" Roll Climb of Hope Run page 7



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Celebrating our Daughters Day
page 2

Karina Pillay-Kinnee
Mayor of Slave Lake
page 3-4

Adopt a Vendor
page 5

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Alberta Street News is an independent publication produced by volunteers and sold by vendors on the street.

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Mission

Edmonton Street News Society provides a voice, employment and social support to those who need these, and communicates perspectives dealing with poverty and social justice, by education and communication activities, including publishing a street newspaper

Values/Beliefs/Guiding Principles

We believe in being inclusive and encouraging
We believe that human rights are fundamental to living together
We believe that everyone deserves the opportunity to earn and control their money
We believe in journalistic and organizational professionalism and integrity
We believe the public needs to know about issues around poverty and social justice
We value community and connecting with others
We value passion and determination
We believe everyone deserves the opportunity to learn, develop and use communication skills

The views presented in this publication are those of the writers.



Daughters Day: Celebration with a serious purpose

The first Daughters Day event on September 1 saw over 300 Edmontonians gather in a grey chilly Churchill Square to celebrate the importance of daughters in families and the whole community. Highlights of the day included naming four women as "Daughters of the Year" and a keynote address by Karina Pillay-Kinnee, mayor of Slave Lake.

The focus of the day was to consider the achievements and value of daughters but founders of the event from Indo-Canadian Women's Association and International Association of Citizens for a Civil Society made clear the denial of human rights and the limited opportunities many girls experience in their families and the larger society is a serious issue that needs more attention. This message was noted by such other speakers at the event as Kate Quinn with CEASE, an Edmonton organization that works with women who have suffered from sexual exploitation, and Lewis Cardinal, a strong voice for the full participation of indigenous people in Canada.

In addition to Pillay-Kinnee, other Daughters of the Year honoured included Faye Dewar, a social worker with Boyle-McCauley Health Centre who has been a strong advocate for addressing homelessness experienced by women and is currently working with the NiGiNan Ventures project to develop an apartment in McCauley neighbourhood that will provide a holistic approach to healing and housing for people who may have addiction or mental health issues in their lives. Renee Vaugois was also named a Daughter of the Year for her work with promoting human rights through training programs for youth at John Humphrey Centre for Peace and Human Rights and for her work with children affected by AIDS in East Africa.

Premier Alison Redford, with her daughter Sarah, also joined Albertans on September 1 at Edmonton's Churchill Square to mark the first Daughters Day event in Canada.

The importance of Daughters Day was well-expressed by Pillay-Kinnee in her talk when she said:

"As we look around us today there are strong, determined and independent daughters who have clearly dispelled the old misperceptions that daughters are fragile, weak, or in some way lacking. We are leaders, caregivers, creators, entrepreneurs, athletes, artists, teachers and more. We are strong, smart and thoughtful citizens. We contribute

to the welfare and sustainable development of our society. Unfortunately, this hasn't always been the case in our history. The reality is that not all daughters are supported or able to exercise their rights. We continue to experience discrimination and violence. It is disturbing and inhumane to deny and violate a daughter's basic right. Many have worked tirelessly, made sacrifices and risked their lives before us to help all daughters achieve our dignity and basic human rights. It is because of their courage and vision that we reap the benefits today and our duty is to continue their efforts. Social justice is still a distant goal for many women in Canada and around the world."

More information about Daughters Day is available at the website www.daughters-day.com or its Facebook site.

Jim Gurnett

Adopt a Vendor for Christmas campaign



This year instead of having a Christmas dinner for Alberta Street News vendors we will be making sure each one receives a gift package for Christmas because dinners we have had in the past were very poorly attended.

To participate, simply contact Alberta Street News at 780-428-0805 or via email at dumontlc@hotmail.com. As a participant, you will be given the name and a brief biography of a vendor. If you have a particular person in mind, whom you know from buying Alberta Street News, you can choose to support that person unless someone else has already chosen that vendor. We want to make sure that everyone gets a Christmas package, and will be making up packages at the office for those who have not been adopted. Another way you can help is to donate extra items that we can use for these gift packages.

Gift packages and extra items can be dropped off at 9533-106A Avenue (phone first to make sure someone is in. (780-428-0805) or with Angelique at the side door of the Strathcona Farmers' Market on Saturdays.

More than a mayor: Karina Pillay-Kinnee's leadership part of lifetime commitments



On September 1, Edmontonians were invited to Churchill Square to celebrate the first-ever Daughters' Day. The event is to encourage everyone to recognize the importance of daughters as part of families and to celebrate their achievements while renewing commitment to ensure inequalities, barriers and human rights violations that limit their opportunities are ended. The included an information fair, entertainment, and speakers. The keynote speaker was Karina Pillay-Kinnee, the mayor of the town of Slave Lake. In addition the day featured the presentation of Daughters of the Year awards to women of remarkable achievement. More information is available at www.daughters-day.com.

Karina Pillay-Kinnee was born on May 9, 1971 in South Africa. Her parents grew up in South Africa under the apartheid system, and snuck out of the country just before her birth. Her parents, sister and brother came to High Prairie, while her mother was pregnant with her. Pillay-Kinnee said that her mother could never return to South Africa if she gave birth to her in Canada. As a result, Pillay-Kinnee's mother returned to South Africa, gave birth to Karina, and then returned to Canada when Karina was about two months old.

"They really risked a lot, and the risk was really so they could give their children freedom and opportunity as Canadians," said Pillay-Kinnee.

Her parents are service oriented, educated and liberal, and have been a great inspiration to her.

Her parents were immersed in community and her dad was mayor of Slave Lake as well. Her father was an administrator/vice-principal at one of the high schools and her mother was involved in student academic

affairs at the Northern Lakes College and taught biology.

She has two siblings, a brother and a sister. Her brother is a physician and passionate about creating music and her sister has a background in social work.

Karina has a science degree in zoology and chemistry, which she obtained at the University of Alberta. She went into occupational therapy for two years, with her sights on medicine. She didn't complete her degree as she chose to move back to Slave Lake to help her husband, Bill Kinnee, with his oil-field maintenance company, Arcadia Oilfield Services.

When she returned to Slave Lake, she was the program coordinator for the Town of Slave Lake, which was split equally between the town and a non-profit society, the Adult Learning Council. Pillay-Kinnee is a supporter of adult learning and a big believer in life-long learning. She believes in encouraging learning and exposing people to opportunities and experiences. While involved with the Adult Learning Council, she chaired a number of programs including "Healthy Choices for Moms and Babies" and preventative programming for seniors.

While she was working for the Town, she decided to run for mayor, and had to quit working for the Town. She first ran for mayor in 2004 and was elected, even though she had no previous Town Council experience. She decided to run for mayor because she had always had leadership roles in the community and had always been heavily involved in community, chairing numerous committees.

"I've always had an interest in professional ethics," she said. "I was always curious about decision making and the pressures that people face when they're making good decisions." She also wanted to get involved and decided to run for mayor because of her love for Slave Lake and her belief in Slave Lake as a community.

"I just felt that I had a lot to contribute and the support of the community so I put my name in," she said. She feels that it has been an honour that people gave her the confidence and elected her.

She has been mayor for three terms and was last elected in October 2010.

When she was first elected, there was a 400 percent increase in commercial development in the community.

"It changed the community overnight as all the box stores came into the community and expanded our trading area to close to 30,000."

She believes that the first Town Council she was on was instrumental in building Slave Lake and that helped her learn what community development was all about.

"It's pretty rewarding when you can be part of that decision-making," she said.

Pillay-Kinnee is quick to acknowledge that her run for mayor was a team effort, and many people helped to advance her campaign. She was only 33 when she was elected mayor for the first time. She has a long history of volunteering in her community, and has done a lot of volunteer work from her Adult Council Learning position. She has also done a lot of volunteering organizing events and international fundraisers.

Areas of interest include arts and culture and sports. She spent five years on a committee that raised funds to build a theatre in Slave Lake, and coached soccer for five year olds, and volleyball for junior high students. She has also helped individual athletes train for the Arctic Winter Games. She is currently a volunteer coordinator for the North Country fair and has organized volunteers for at least 10 years.

She is also a strong supporter of the Slave Lake Rotary Club. She enjoys meeting new and interesting people and says that has been one of the benefits of being involved in politics. She has found a great deal of support from other mayors, and government officials and has always felt that they wanted her to succeed.

"Really, being mayor is about being grass-roots and serving your own people, and it's about the relationships you have with your own residents and being an advocate for them," she said.

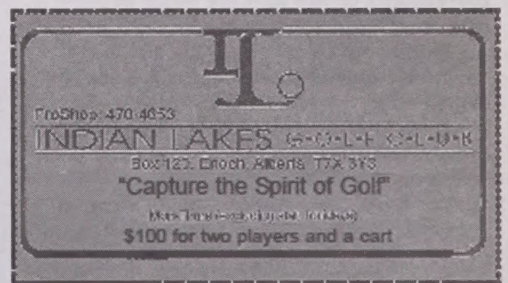
Pillay-Kinnee has always had a passion for Slave Lake and grew up in the community. She has always admired the resiliency and strength of the people of Slave Lake.

"The culture, depth and richness of this community is outstanding," she said.

"We have such a strength in this community and people will do whatever they can for this community. The volunteerism in this community is outstanding. I have a great sense of pride, coming from Slave Lake."

She also believes that she has benefitted from the amazing mentors around her and appreciates that she has been able to create her own family from the mentors in her community.

continued on page 4



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**There is still a focus
on community spirit
and building
community spirit.
One of the
challenges is to
establish
communications
with the community
and let people know
what is going on.**

The fire

While the town was burning, Pillay-Kinnee worked with the command centre, which is always set up during a state of local emergency.

The Command Centre coordinated Sustainable Resource Development, Fire, RCMP, emergency personnel and the decision makers help make decisions as needed. The government Centre was the command centre until the building behind it started on fire. The fires were coming from the MD, so the MD moved their office to the Slave Lake government centre and the office became a joint command centre.

Power and electricity went out, but the Town was able to locate a phone line. The last briefing they had from Fire was that the Town of Slave Lake was not threatened, even though the MD residents had already been evacuated.

The Command Centre was evacuated when the building behind the Government Centre started burning.

Pillay-Kinnee's focus was to move the Command Centre to the Northern Lakes College, keeping the Command Centre open and trying to get a phone line for Communications with the Provincial Operations Centre. By this point, disaster services was already set up at the college.

Fires were moving in from all sides of the community, and residents were told to get to parking lots or the beach.

When the communications went down, Pillay-Kinnee could only text. She had intermittent phone coverage, but it was not reliable.

Pillay-Kinnee was also involved in helping coordinate the effort to get everyone out of town. Buses were brought in to help residents who did not have cars, and fuel was brought in to accommodate people who needed fuel to get out of town.

She also had to find places for over 1,000 emergency personnel to sleep and food for them to eat. They had to hire emergency

camp cooks to feed hundreds of emergency personnel. Meetings were held every two hours throughout the night.

Pillay-Kinnee and her husband stayed in town throughout the experience and did whatever they needed to do.

One of the challenges of dealing with the fire has been trying to accommodate everyone's needs and determine what is best for the whole community.

"You're not going to please every group that has specific agendas and needs and that's pretty challenging," she said.

Another challenge has been working as a team when certain people do have different value systems and beliefs.

"Coming to a common ground takes a lot of work," she said.

The biggest triumph in the rescue effort is that everyone survived and made it out of the community. Pillay-Kinnee thinks of the pilot who lost his life every day. She got to meet his family and his daughters.

"I have to thank the community. People really took their lives in their own hands and did what they had to do to get out of the community," she said. "We didn't have a formal evacuation plan and we didn't have notice. RCMP were going door to door and sweeping the community, because the communications were down. Everyone was frightened and in fear, but were quite orderly about leaving the town. There were mothers leaving with children, who were leaving their husbands to firefight. There were firefighters who thought they were going to lose their lives multiple times fighting the fires. You can't explain that kind of bravery and courage."

Pillay-Kinnee saw her role as a leader to coordinate things and was astounded by the courage of bravery of all the volunteers who fought the fires.

Many municipalities in the province sent resources to help Slave Lake. The town of Slave Lake has about 7,031 residents. The MD of Slave Lake was hugely affected by the fire, and the MD lost 30 per cent of the homes in their hamlets. There were over 500 homes and apartments lost in the region, involving over 2000 needed housing spaces. Provincial and municipal government offices, the radio station, the library, several churches and businesses were destroyed during the fire. Numerous health care professionals and 44 teachers lost their homes.

"Every area in our community was affected as far as services," said Pillay-Kinnee. Structurally, about 70 per cent of the town remains, but every sector was affected.

The Town is now in recovery mode and the Government is helping the community as they identify what they need. Over 700 people need shelter and to get housing before winter. The south-east area, which was where the majority of the homes were lost, needed to be cleaned up and rebuilding needs to help. People who don't have insurance are a major concern.

"People who lost their homes are in the greatest need, and we want to give them a sense of faith that we are going to rebuild," she said.

The community is also under a great deal of emotional stress. People who didn't lose their homes feel guilty while those who have lost their homes are stressed. Pillay-Kinnee said that it is natural to expect that residents will be affected by this disaster, which may result in an increase in domestic violence and substance abuse.

There is still a focus on community spirit and building community spirit. One of the challenges is to establish communications with the community and let people know what is going on.

Being a leader

One of the challenges of being a leader is addressing the community's needs and being an advocate for the community.

"When you need help, provincial or federal, you ask for it," said Pillay-Kinnee. She believes that being a leader and thinking of the needs of her residents as part of the job. She just sees herself as part of the community and as one of a group of leaders and a spokesperson.

"I know there's a whole team with me and who has been with me all along," she said.

Karina Pillay-Kinnee feels very grateful to live in Canada, where there has been support, food and resources for the community members who have been displaced.

"We live in a rich country. There are millions of refugees out there who are suffering. I think I'm very fortunate to be Canadian and Albertan. The ministers were genuine when they came. They really wanted to help," she said.

"When you put things into perspective, Canada is better equipped than most countries to handle a disaster. We have to be grateful for that and not take that for granted."

She is also amazed by the support and help that various community and individuals all over Alberta have offered and given to Slave Lake.

Alexis Kienlen is a poet, fiction writer, journalist, and editor. Her website is <http://www.alexiskienlen.com>.

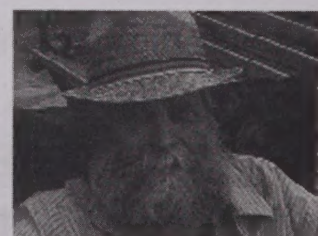
Alberta Street News is a published by Edmonton Street News Society.

The publication of the paper is an employment program in that the paper is produced by volunteers and sold on the street by vendors. We have no government funding and rely on money from sale of papers to vendors, advertisements and donations.

You can become a partner.

If you would like to make a donation towards publication costs please choose one of the following options.

- ☐ I would like to make a donation of _____
 - ☐ I would like to become a regular contributor donating _____ per month.
 - ☐ I would like to place an ad in Alberta Street News.
 - ☐ I would like a subscription to Alberta Street News. Please find enclosed \$30 to cover the cost of mailing.
 - ☐ I would like to Adopt a Vendor. I will be sent information on the vendor to prepare a gift box that will be distributed during the Christmas season. (Let ASN know if there is a particular vendor you want to support if that person has not already been selected by someone else.)
- Make out your donations by cheque or money order to Edmonton Street News Society, 9533-106A Ave. Edmonton, Alberta, T5H 0S9**



**ASN
vendor
Tim**

Random act of kindness goes viral

Winnipeg Transit driver's amazing act of kindness stuns passengers

By Denise Campbell September 18, 2012

Today, as I was riding a Winnipeg Transit bus from Ucity to Downtown I did not realize that I would be a witness to something amazing.

The ride was, as usual, long and uneventful, until we reached the corner of Portage and Main. That's when the driver pulled over. This of course surprised all of the passengers on the bus. But, what happened next still brings tears to my eyes.

The bus driver jumped off the bus to chat with a man that looked to be down on his luck; by all accounts, a homeless man. I first thought the driver was going to offer the man a ride until our driver took off his own shoes and gave them to the man on the sidewalk.

That is when I realized that the man the driver was chatting with was barefoot. The bus was dead silent. I think we were all stunned and speechless. As we proceeded to our next stop, one of the passengers got up and said to the driver, that was the most amazing thing she had ever seen; and then she asked him, why did he do that?

The bus driver answered because he couldn't stand the thought of that poor man walking without shoes. Wow! No judgment; it was just, "Here buddy you need these more than I do."

There wasn't a dry eye on the bus. All the passengers were moved by this bold and selfless gesture.

Now, a homeless man will have shoes for his feet because of a bus driver's random act of kindness.

Not bad for a Tuesday morning in downtown Winnipeg.

Compassionate bus driver, citizen reporter create stir

By Noah Erenberg on September 19, 2012

You just never know the reaction something will generate. I'm not sure what impressed me more – the original story itself, or the overwhelming response to it.

Community News Commons citizen journalist Denise Campbell submitted a story yesterday that has gone viral, at least from the hyper-local standpoint. You may have read it, along with the rest of Winnipeg.

As CNC Convener, I thought this was a great story and was happy Denise was willing to share it with the world. Now, for the response!

Within minutes of the article being posted, the item was re-tweeted countless times.

Within an hour, the likes on Facebook were climbing fast. Then, Denise was inundated with requests for interviews from local media...

"I am completely overwhelmed," said Denise.

"Honestly, I didn't want the attention to be on me but instead on what the driver did because it was just so amazing. I feel like crying."

"Are we so desperate for good news that this little story has generated so much interest?" she asked. "Perhaps if more good news stories were out there, this wouldn't be seen as such an anomaly."

It's impressive how much media coverage this story generated. One radio station asked listeners to phone in and retell their own experiences of either giving or receiving a random act of kindness. It made me think

Many of us crave this kind of inspiring story of kindness and generosity; one that acknowledges the human tendency to give love and to be compassionate,

maybe these good deeds aren't so unusual. Maybe they happen frequently but we just don't hear about them. At least not until a citizen reporter like Denise happens to be there and decides to tell the rest of us about it. It also made me think of how this story, and others like it, encourage people to do good things for each other.

By this morning, CNC's original story had garnered 20 thousand Facebook likes (and counting). The comments pouring in from those who have shared this story reveal its impact.

"Now that's the kind of news we want to read," says one.

"This motivates the rest of us to do something nice for someone else," says another.

"This is beautiful, amazing! We could use more people like that bus driver."

The reaction goes on and on. It seems many of us crave this kind of inspiring story of kindness and generosity; one that acknowledges the human tendency to give love and to be compassionate, reminding us of the importance of paying attention to the world around us and to our fellow human beings.

For her part, citizen reporter Denise

Campbell is taking it all in stride as she quickly points out how this is the kind of excitement and interest that citizen journalism can generate.

"This is exactly what Community News Commons is supposed to do," she said. "Citizens share everyday stories that are meaningful. It really has the capacity to generate a lot of interest and create positive change in our city."

While most everyone agrees that the bus driver is the hero in this story, my hat goes off to Denise Campbell and her instincts as a citizen reporter, to not only take notice of the world around her but to care enough about it to share it with the rest of our community. It's this kind of reporting that has the potential to really make a difference.

And it's the reason Community News Commons was created in the first place.

(Stories reprinted from Winnipeg's Community News Commons <http://www.communitynewscommons.org/> with thanks to CNC and citizen reporter Denise Campbell and CNC co-ordinator Noah Erenberg.)

Credit: CNC Winnipeg

Citizen reporter Denise Campbell was inundated with requests for interviews after she submitted her story to Winnipeg's Community News Commons.

A little kindness goes a long way

I first learned of this incident by way of a "Share" link from a friend on Facebook. When I asked Winnipeg CNC co-ordinator Noah Erenberg for permission to reprint the first story, he sent me links to follow-up stories. Rather than summarize, ASN editor Linda Dumont and I decided to reprint both stories, with some deletions in the follow-up; they speak eloquently to the power (and unfortunate rarity today) of unselfish acts of kindness. They also speak to the power of citizen journalism and the contributions that ordinary people who give attention and care to people around them can make to their communities by sharing what they learn and know.

Allan Sheppard

The masks in the display case

They were deemed to be extinct
As proscriptions of the Secondary School component
Curriculum directives – compilation of masks
Arts theme – imagination and tasks

Their composition logistic
Confirming the theme and concept graphic
Fashioned from society's remnants commercial
Students exert their imagination compilation
Reshaped symbols of disaster
Woven from wire, mud, discards and plaster
No provocation or invocation
No cause for sensation
Variants in African diversity
Thematic representation
Depiction of starvation and deprivation
Personification of a human condition
No voodoo or spells intended
No black magic to those offended
Cries captured in subliminal icons to heed
Interacting and re-interacting
Africa's plight of need

By Daphne Raubenheimer

A treatise on behalf of elementary school teachers

Dear sir or Madame, please note:

That teachers educate their students according to a pre-set curriculum.

School boards in liaison with school administration and classroom teacher input provide curriculum content.

The teacher's role is to utilize this content to set long and short term goals for the individualized approaches necessary to meet student needs.

The teacher then uses thematic formulations to convey the concepts of the subject content to be presented to the students. For this to occur the students need developmental norms or precepts to be able to perceive

and be receptive to the model that is presented to them.

In my experience as a teacher, I view this to be a very democratic process. I believe that education takes place within a broad spectrum of societal need. Isolation does not allow students to generalize on the basis of the mores within society. They need to make choices in order to address their philosophical needs. To this end, we need to consider that teachers work in a systematic teaching environment to provide what is considered to be valuable knowledge.

Yours truly,

Daphne Raubenheimer

We can learn from those who are homeless

There once was a man who lived across the street from my home all year round. Although he was a quiet and gentle man, I was afraid of him at first. He wanted to talk and share his story but I was not ready to listen to him.

One cold, autumn day a group of people had come to dump his tent and belongings into a dumpster. I do not remember him being there when they came. I do not know why they came. A neighbour may have reported him or he may have moved on but I just had this gut feeling that he was being forced out on such an unforgiving day. To me, his struggle to survive and his hardship was something that I thought no one should have to go through.

A year later, a woman froze to death a stone's throw from my home. She had taken shelter under a tree during a winter night. Another day, I saw a man lying still on the sidewalk as the paramedics stood staring silently. No one stopped to ask what was going on. It was like nothing had happened. Soon after that I met a man who built a tree house equipped with a water tank and makeshift roof. It was the most sophisticated shelter I have ever seen, and he was very proud of it. He had no where to go and he was afraid I would report him. He had no other options.

Every day I saw people walk by human beings, like us, and pretend they did not exist, not even a glance, a nod, or a hello. Every day, I knew the people we ignored were suffering. I could see it with my own eyes. I was only fifteen at the time, but old enough to understand that something was wrong with how we treated people on the street.

We treated them as if being homeless was their identity and they would be no more or no less than homeless for the rest of their lives. As if they have always been homeless and have always made the choice to remain on the street. As if being homeless was all these people were. As if they were just a mistake and they were to blame for their situa-

tion. I quickly learned that this was wrong and there had to be something more to these people than just being homeless.

For some time, I had no idea where to channel my passion for homelessness until one day my brother suggested that I should study social planning. It was the perfect timing as I had just finished high school and

stop and listen, learn, advocate and work towards a solution to these injustices. People experiencing homelessness have taught me how to be a human. To be a human you have to start with people, face to face. To me, being human is being able to listen and accept each other.

If I had one moment to offer any advice to



was accepted into the School of Urban and Regional Planning at Ryerson University. I was unsure of planning at first but with the goal of ending homelessness with social planning in mind, I set off for Toronto.

Today, I am an Urban and Regional Planning student going on to my third year of university. My experiences with people experiencing homelessness have inspired me to

youth like myself, unsure about what they want to do in the future, I would encourage them to take a moment and stop on the street one day, offer your time and your ears to the human you may have otherwise walked by. It may change your life.

Story by Kevin Cooper
Photo by Pedro Schultz

Selling The Alberta Street News Paper in Calgary Alberta



Since the name change from the former Edmonton Street News to the now Alberta Street News in February 2012 there are Calgary and Edmonton vendors selling the paper. The paper will cover and offer Albertans the opportunity to purchase the paper where it is now sold in Calgary and in Edmonton. The first ever Alberta Street Newspaper was sold for the first time here in

Calgary and in Edmonton, in February 2012. As the February 2012 monthly calendar moved on into the month the winter weather played havoc on my paper sales. The weather elements and temperatures can sometimes hit a major deep freeze in the -30's for going on a week, then the winter weather warms up to about -10. I was then sometimes able to work around my busy schedule to sell the paper at my paper stand.

When the weather changes over just a few minutes, I am then forced to leave to go indoors to warm up at a near by regular coffee and food outlet. Also the cold bitter wind can make it unbearable to be outside, when the weather isn't conducive to work outside sometimes for days on end. I'm hoping to make a request to my customers, regular customers and the public to see if someone can help support my selling ASN this coming winter 2012, so I can sell the paper in the 5th Avenue and 3 St SW Plus 15 or even anywhere in the downtown core. I have tried to find the right people this past spring 2012, but had no success in getting to the right source. I have had this idea for years to be able to sell somewhere in a Plus 15 somewhere in the core.

When the former Calgary Street Talk was being sold by some of their former vendors there was a lady vendor who had permission to sell at the 5th Avenue and 3 St SW location years ago. I did ask around the front line street agencies and no one cared or was able

to answer my question. I would still like to be able to sell in a Plus 15, when the weather elements prevent me from selling outside at my regular paper stand this winter. If anyone knows who I can get in contact with please e-mail the Alberta Street News so the message can be passed on to me.

There aren't very many customers and the public around to sell the paper to at my paper stand in Mission. I'm hoping once I can establish a Plus 15 location that new customers and my regular customers can find me. I know that my customers and regulars will know when to come and find me with the change in the weather when I will be at another location once it happens.

Sales this past Winter 2011 - 2012 were slow because the public were unaware, other than my regulars, and didn't know and didn't want to buy the new paper because they thought it was an Edmonton paper, with the name Edmonton on the front cover. I have a former customer in the Mission area that won't buy the paper to this day, because it isn't a Calgary paper. I tried to explain it to her that it was a Calgary paper, but she still wasn't happy with the name change to the paper. She's the only one that doesn't want to buy the paper. She also never failed to get the paper each and every month in 2010, when the paper was the former Calgary Street Talk!

I just want to give my customers, regulars and the public some updated informa-

My child changed my life

I am 43 years old and up until six years ago I had no or very limited experience with "disabled" people. Our school did not promote inclusion and I don't recall ever interacting with anyone that had a disability, except for in Grade Four when our class went to a swimming pool and a boy there removed his prosthetic leg. I was both fascinated and disgusted. I had never seen anything like that! We were not told in advance to expect it so it was especially memorable – so memorable that I still recall the image vividly. No one ever bothered to explain it afterward either. I doubt I asked any questions, as I probably thought it was too rude, much like staring.

Six years ago I had my first baby. The pregnancy was great. I felt fabulous! The delivery wasn't even bad either (he was breech and delivered by caesarean while I was numb from the armpits down). He was the most beautiful boy I had ever seen. He had respiratory problems so he was placed in the NICU, and both of us spent 8 days in the hospital. My fantasy 'mommy' bubble was abruptly burst when an intern came in to my room and told us that they believed he had Down Syndrome and rattled off the reasons for their suspicion. My heart sunk. I had no idea what this meant. I vaguely remember her saying eye-shape, head-shape and line on his palm but quite frankly I'm not sure if those were said at that time or if I recall that because of what I now know. All that I really heard was my baby was disabled and that echoed in my head for many days to

follow. It was on day three at the hospital that I finally received some information on Down Syndrome in the form of a booklet.

Being overwhelmed already by the unexpected news about my baby, I read the book in its entirety twice, in disbelief. How was I



going to raise a child with all of these ailments? This was not supposed to be what happened. I was terrified and depressed; this was too much for me to handle. The book was designed to tell you everything. Every discouraging, scary detail of what may happen. May happen; I did not comprehend that for a few years afterward.

So now the learning begins; how do I teach him? Who do I contact? What support is available for him? For me? Where do I even begin?

When we were discharged from the hospi-

tal I was provided with a list of Doctors to contact for results of the various tests he had received in the hospital. The local Early Intervention Program was among the list and a tremendous help. The workers can come to your house to assess and offer teaching/playing suggestions, they have play-groups where your child can play with other children with challenges and siblings are welcomed. The parents have a chance to meet others facing similar situations, and the early intervention workers are a great first contact resource.

If you suspect your child may have a disability or developmental delay, the Early Intervention Program offered through Alberta Health Services is the best place to start. No referral is required and the program is available to all children under the age of 18. They offer comprehensive assessments, planning, intervention and evaluations. They provide referrals to various professionals if needed, and work with parents or caregivers to develop or improve skills for independence and maximum health. Your local Early Intervention Program may be accessed through HEALTHLINK at 1-866-408-5465.

My son is a very active and healthy boy who is curious, funny, mischievous and sweet. In the upcoming months you will learn more of this journey and the resources available.

Many Thanks again for the opportunity!

By Dawne Hammerschmidt

Selling The New Alberta Street News Paper continued

tion about what's happening in my present life, while being involved with the new paper. In January 2012 I decided to get back into my fitness regime. I felt that my health had to come first for the New Year and now it's a life time commitment. Since January 2012 I have lost almost 35 lbs and see a change in how I'm feeling physically, mentally, emotionally and keeping my spirit alive. I was consistent and went four days a week to the gym when the weather was too cold to work outside. Up until May to June 2012 I wasn't able to be out selling papers because of trying to schedule my gym time with the interruptions of the everyday hustle and bustle going on. Sometimes these everyday life things have to be done, like first-priority fitness, health issues, appointments, coffee time socials, community events, and the running around for miscellaneous pick up orders and personal projects. This is an on going thing in my life today!

I'm just going to say again that I have to somehow work around my life to get down to my paper stand to sell papers. When I have missed some days at the paper stand, some of my customers stop me in passing if I'm seen in the core. I tell as many of my customers and regulars as I can what is happening in my life at that time whenever I'm also selling the paper. I keep everyone informed as much as possible. The communication lines are open. Also there are community residents in the area that come by and are concerned about where I have been. They actually come by to see how I'm doing with small talk and will give me some spare change without taking the paper. Some just come by to just see if I'm at the paper stand or not. Almost everyone in the Mission area comes by to see if I'm at the paper stand.

One of my projects in life is to be soon finished so I be able to have more time to sell the paper, some time this fall. Just this past

August 2012 from about the middle of the month to the middle of September 2012 there had been paving and road construction going on in the area of Mission where I sell the paper. There has also been a water main break and the construction of new water main lines in the Mission area this past spring. This affected the small businesses in the area and of course it affected my paper business with no foot traffic to access the stores and to pass by to buy a paper. I came by at the time of the paving and road construction, but had to eventually leave, with no one around on the street.

A majority of my customers come by when I'm out there for the full day. It never fails that they buy the back issues that they've missed. When I'm out there now at my paper stand I bring extra back issues with me, so the customers can pick up their back issues that they have missed. Just a reminder that some of my regulars do go to their summer cottages and sometimes I don't see them until the winter turns into the spring season!

I have one observation in selling the paper for every time I'm out there selling. There are people from the suburbs passing, who, when asked if they would like to buy a paper have the most narcissist attitude, saying things like 'No! I'm alright! I'm OK! and I'm fine!' The narcissistic attitudes mainly come from the public that haven't got a clue why I'm outside selling a newspaper. I get a really strong impression that they know I'm selling a newspaper but choose to sometimes be rude, don't care, and ignore me in passing.

With the other personnel events going on in my life today I haven't given up the selling and writing for the paper, each and every month. It's my customers, regulars, the public and long term customers who keep me motivated to continue to write for the paper.

My customers are consistent in wanting me to continue to write and sell the paper. I still have customers who buy the paper, since selling the paper in Mission, the summer and fall of 2005. I still have the determination and spirit to continue to write, even if I'm not at my paper stand on a regular basis at this time in my life.

I have been told by my customers what they feel with reading the ASN paper each and every month. They say that the paper stays alive and well because of my input and submitting of stories each and every month. They tell me that I'm the backbone from an Aboriginal woman's perspective, who has a vendor's story to keep the paper going for the Calgary area!

Comments like this from my customers, regulars and the public have kept me even more motivated to continue writing for ASN.

I want to thank my customers, regular customers and long term customers, the public, residents and business employees, for your encouraging, warm, caring comments and small talk, while I'm selling the new newspaper. I'm just so amazed at how wonderful it is that everyone I see on a regular business day cares so much for me and shows ongoing support for the Alberta Street News, that I write for each month.

Also I just want to end this updated story on selling the Alberta Street by saying I can't forget that I have a birthday on Wednesday, October 24, 2012. I will be booking that special day, to be out at the paper stand, selling. I know for the following week the weather will begin to change with the first snow fall on Halloween night! Every year I make that a day to be out at my paper stand, sharing my day with everyone who comes by to say 'Happy Birthday' by Andie W.L.

2012 Rock 'N' Roll Climb of Hope Run raises \$150,000



Dan Nielsen spoke courageously to the audience about his journey and recovery at the morning presentations during the 4th annual Rock 'N' Roll Climb of Hope Run.
Photo by John Zapantis

Money will be used for a new pet-ct scanner to help cancer patients

The Alberta Cancer Foundation hosted its fourth annual Rock 'N' Roll Climb of Hope run and walk at Victoria Park on Saturday, Sept. 15. Young and old came out dressed in rock n roll costumes, living in the spirit of their favourite rock icons, from Kiss band-leader, Gene Simons, to Angus Young of the Australian band, AC/DC.

Before the 5 km event began Bear 103.3 FM radio personality Paul Brown hosted a stage presentation, keeping the walkers and runners entertained with his often off-the-wall humour.

Dan Nielsen, once diagnosed with mediastinal germ cancer, spoke about his battle with the disease, telling how he rose above the obstacles thrown at him. Nielsen said, "It was in 2005. I was entering my fourth year at the University of Alberta. I just returned, in the theme of the day, from a very rock 'n' roll vacation in Venezuela. I'm ready to start the year, when my problems first started. I got a little bit of a cold, which turned into a bad cough, which turned into a sore shoulder. I figured maybe I should get it checked out. I went to the doctor. The doctor said, 'Yeah, it's probably just a bad cold.'

"Right when I was about to leave, he said, 'You know what? I think you might need an x-ray. I'll just double check it.' So I go in that day and get an x-ray. I find out the next day that there was a grape-sized tumour in my chest, which was not what I was expecting. After several tests, they determined that I had mediastinal germ cancer. That's not exactly the most common one, so it was a little confusing. To place it in terms that I could understand, my oncologist explained I had testicular cancer in my chest, which is a bit weird. I began treatment about a week after that at the Cross Cancer Institute.

"I started chemotherapy for about 3 months and finished before Christmas. After a few tests they found out that it had not worked as I had wanted, so I had surgery, which was not fun, either. After a few tests, they found that had not worked. So it was

back to chemotherapy for a couple of months, which they found out didn't work as they wanted. So it was then that I had radiation, which again did not work. I wasn't a fan of this treatment.

"Then they decided to bring out the big gun, which was a high dose, and a stem cell transplant, which I don't remember the details of. When I was trying to explain it to people, I've been told that's not how it happens. So I don't really remember much about that, except that I came out with the hearing and hair of an 85 year old man. But it all worked out as they wanted it to. They started to give me a little bit more of a leave back into the real world. My tests got a few more gaps between them. I was able to go back to school and finish my degree and essentially was able to progress with a life as normal as possible under said circumstances.

"That now brings me to here, six years after I finished my treatments. I no longer have to do any treatments. I just get to come and talk at events and poorly run at them. I look back at my time at the Cross Cancer Institute and I look at a building that I should have had a lot of disdain and fear of going to. The staff was welcoming from every level: nurses that helped you out in any way, that were welcoming and happy to talk to you about anything, and doctors that could answer any questions.

"To this day, I can still email them and ask them, 'just what's up with this?' Within a few days, they'll be back answering the questions, asking how I'm doing. That's a very unique situation. Even the janitor was very nice to me. When I did the chemo the second time, it was when the Edmonton Oilers were doing the playoff run. I was commonly having my chemotherapy at a certain bed. I went in one day and one of the janitors made a note that said, 'This is the bed of Dan the Oilers' fan!' I think that kind of shows how that institution cares about people. So I was very honoured when they asked me to come and speak here today. I want to thank all

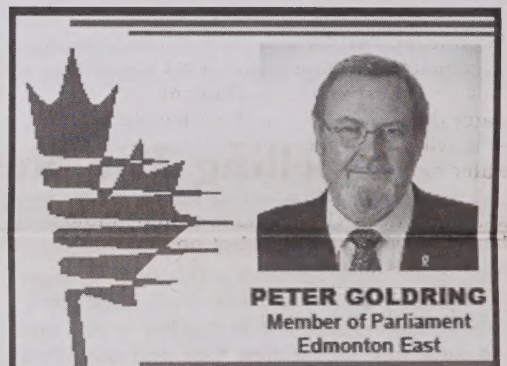
you guys for coming out and helping. It's a great place that's helped me to stay alive, so I could be here to talk to you. Good luck out there."

A 5 minute musical warm up exercise was conducted for the runners and walkers, just before they officially left the starter's gate at 10:20 a.m., 20 minutes later than originally planned because of a delay in programming. Olympic skating gold medalist Jamie Sale announced the start of the 5 km journey around Victoria Park.

After the event, prizes were offered for the best-dressed rock 'n' roll costumes and top fundraising individuals and teams.

Various national sponsors were on site, including Starbucks Coffee, who provided free coffee, Hudson's On Tap, who cooked fresh hamburgers to feed the many hungry runners and walkers. All the sponsors deserve a round of applause for their generous contributions. Also, we won't forget the tireless and selfless efforts of those volunteers, along with the efforts of 500 runners and walkers who raised \$150,000 that will help support the purchase of a pet-ct scanner, a device that detects cancer tumours, to advance a future breakthrough for people living with cancer.

Story and photo by John Zapantis



ARE POLLSTERS TO BE BELIEVED?

Are pollsters to be believed to be right 19 out of 20 times as they claim they are? As Canadians breathed a sigh of relief upon the results of the 2012 Quebec Provincial election, it seems pollsters are overwhelmingly wrong in their forecasts for at least the second time this year. In Quebec, pollsters managed to whip up Quebec sovereignty sentiment to near all-time highs on the shoulders of the feisty Parti Quebecois leader, Pauline Marois. Seeking sensationalism, national columnists shamefully jumped on the unity crisis bandwagon.

Numerous polls were done within Quebec to attempt to gauge how Quebecers were feeling. Not surprisingly, reports done on the polls in Quebec were inflammatory and sensationalist. Poll after poll came back showing Marois' PQ had a majority government lined up. This is illustrated by a September 2, 2012 EKOS poll which had the Parti Quebecois with 36% of the popular vote and the Quebec Liberal Party with 23.3%. The September 4th election results, just two days later, gave the PQ only 32% of the popular vote and a bare minority government, while the QLP received an unforeseen 31.2% to become the Official Opposition.

Does this story sound familiar? You may recall the Alberta provincial election this past spring, where an April 11th, 2012 Abacus poll had the Wildrose party emerging with a majority government with 46% of the popular vote whereas the Progressive Conservatives were projected with 29%. In that case, the Wildrose party only received 34% of the popular vote in the April 23rd election and came in at a distant second to the Progressive Conservatives who won 44%.

In the recent case of Quebec, contrary to what pollsters and columnists reported, the vote thankfully was indeed for change, not separation.

What do you think?

780-495-3261 www.petergoldring.ca

Cherokee: a Horse Story with Chickens

When I was young I dreamed of having a horse of my own. Stories like The Black Stallion and My Friend Flicka fueled my desire to have a wonderful horse to ride across the meadows and be my best friend. I imagined the thrill of galloping freely over the fields with the wind blowing my long hair out behind me. I drew pages of horses with long flowing manes and tails and wrote stories of the daring exploits of a young girl and her magnificent stallion. At night when I said my prayers I would pray for a beautiful horse but months went by and no horse materialized. Finally, I decided to take matters into my own hands and earn the money for my horse. Dad was not impressed with the thought of having a horse on the farm again. He said that the happiest day of his life was when he traded his team of horses for a small Ford tractor. "I don't have to catch the tractor and put it in harness," he joked. Still, he said he would help me with my daring plan to raise 100 leghorn roosters and sell them in the fall. I ordered the chicks from a brochure that came in the mail and paid for them with my small pile of babysitting money. In those days I babysat from 8 in the morning until dark for one dollar.

One week later, Dad and I drove to Edmonton to the hatchery and picked up a cardboard box containing my 100 downy yellow chicks. They peeped noisily in the back seat as we headed for home. It was a hot day and we had forgotten to bring water for the chicks. Looking in the box I saw that they were desperately pecking at their dry water dish and a few of them looked like they were wilting. We knew the chicks needed water and fast or they would die so dad stopped at a house and I ran to the door to ask for water. The curtains twitched and I heard movement within but no one would answer the door. "That's city folks for you," Dad said. "They're scared of everything" Finally at the third house, a woman answered the door. She gladly gave us water, and we put the box of chicks on her lawn. They drank thirstily, tipping their little orange beaks back then dipping for more. The water instantly revived them, and I filled their other bowl with fresh chick starter.

Dad had partitioned off half of our porch for the chicks and rigged up light bulbs to keep them warm. Mom laid fresh newspaper all over the porch floor which we changed every day. My chicks grew quickly, soon outgrowing the small enclosure. When the chicks were big enough we put them out into the chicken yard with our few old red hens and colourful rooster. The chicks would have nothing to do with the old chickens even refusing to roost in the chicken house. Instead they roosted in three trees that grew side by side in the pig pen. From the gate, it looked like the three trees had huge beautiful white blossoms all over them. One day a man and his wife stopped at the gate, and asked me what kind of trees they were. "They're chicken trees," I said. The couple wanted a closer look as they thought they were the most beautiful blossoms they had ever seen. As we neared the trees they saw that they were indeed trees full of chickens. They laughed and said it was a great story to tell their friends.

Well, living outdoors was not the best thing for pure white chickens. The coyotes could easily pick out a nice fat chicken for their supper. One of the neighbours said that every day when he went to town he saw a coyote crossing the road with a chicken in its mouth. In the end, when I sold my chickens, I had only made about twenty dollars, not nearly enough for a horse. All my efforts had come to naught. Still, every night, I

prayed that the Lord would send me a horse, and I truly believed that He would.

One day my dad, my sister, Linda, and I went to the auction mart in Leduc to sell a load of hogs. While there, a call came over the loud speaker for my dad. It seemed that my oldest sister had arrived early at the airport and needed to be picked up. Dad was worried about driving from the airport with four in the cab of the truck, as their was a fine for that. We couldn't ride in the box as the pigs had been in there, so Linda and I said we would start walking and Dad could pick us up on the highway.

We had not walked more than a mile when a red truck stopped and the driver, a friendly blonde man, offered us a ride. On the hour long trip home, I told him how I loved horses and all about my chicken adventures. The man, whose name was Jim, told us that he owned a ranch up Winfield way and he had lots of horses. Linda and I thanked Jim for the ride, and he said someday he would come and take us to see his horses. Truthfully, we never thought we would see Jim again.

Two weeks later, a red truck drove in the

yard, with a beautiful white and black Apoloussa gelding in the box. Jim asked Dad if he would pasture Cherokee so I could have a horse to ride, and Dad reluctantly agreed. Cherokee was the most beautiful horse I had ever seen; white with black spots and a flowing black mane and tail. He was more beautiful than all the horses of my dreams and he was smart too. Jim could make that horse dance and do tricks and come to his call. With me, however, Cherokee had a mind of his own. When I would ride him bareback over the meadows, all would be fine if that was where Cherokee wanted to go. When Cherokee was tired, he would just lie down with me on his back, and I had to walk all the way home carrying my bridle. It wasn't long before Cherokee got used to me, and we could gallop over the fields and meadows of our farm. Jim became one of our dearest friends and visited Cherokee often.

I know that Cherokee came to me as the answer to a young girl's prayers. I learned a valuable lesson, when the Lord answers prayer he doesn't need any help from us.

Sharon Austin

Rory's World

A Rory Story
Teach the Speech Chapter 3

A Dwarf's family tree. Tee! hee! hee! hee!
From the place we live in, even to our friend's home,
each and every one of us Dwarf's loves to roam.
My loyal and royal little followers share with me our fantastic throne.

This chair was made with personal skill and loving care.
It was hand carved by lovely Amazon Women with stone.
These women help me correct and protect every Gnome and Gnomette.
To Dwarves, all Amazon ladies are big bright beautiful Queen's.
They are always helping inspire all Gnomette's and Gnome's with determination and desire,
To fulfill our own personal dreams. Together we make excellent teams.

All dwarfs have observed most Amazons share their lives,
Which usually means they are these next mentioned guys wives.
They are our special friends the Gnoamster, and they are not an oversized monster.
These huge or large Dwarf species helps all Gnomette's and Gnome's from being overthrown.
In our world the Gnoamster is admired and known as an overgrown Gnome.
Why that super guy is our bodyguard who also helps protect us in our homes and yard.
They truly are all Dwarfs' guardians Saints protecting us, without a fuss.

Gnoamsters even help us with tips on hygiene.
Oh yeah! Hygiene really does mean: eat properly to stay healthy and keep clean.
This is an example after each meal all Dwarf's should brush their teeth.
Brushing makes your mouths gums strong, prevents cavities and your breath smell sweet.
Here is another great tip! Because these guys on facts of life have a good grip.

To me this fruit really is sweet.
This type of food is also a nutritious treat.
An apple a day really is good and should keep the dentist away.
Gnoamster's really are a major player on our team,
Providing us with much knowledge on how to develop self-esteem
The end

Thank you thank you thank you
Oh Yeah! It is very important that your family works together as a team.
This really does mean
That every father, mother, sister and brother should always be positive and provide each another
With good advice and compliments that are nice.

Written by Rory P Gaudon
©2004 Rory Gaudon
Aug 24, 2004
Published in Calgary Street Talk Newspaper December 1998

THE SEXUALIZATION OF INNOCENT CHILDREN



Among the most vulnerable victims of injustice historically have been the children.

The American Psychological Association did a groundbreaking discovery about the proliferation of sexualized images of girls and young women in advertising, merchandising, and the music media. It is a powerful message but parents are powerful enough to curtail this madness.

Children are being exposed to an onslaught of sexual messages that come at them almost constantly. These sexual messages are degrading, very explicit and very violent. Females subconsciously are being programmed to develop into the role as the subservient and degrading sex slaves and the boys as tyrannical and dominant intruders.

As parents we must stand up and stop this destructive trend, there is excessive exposure to sexual messages and it is getting the acceptability necessary to put it into full force. We see it through the music videos, through commercials (like Victoria's secret) gum, liquor, etc., in cartoons, in clothing, in everything and it is very sad to see parents that are living in an oblivious state and actually supporting this trend through their silence.

You can purchase "padded" bras for six year olds, you can purchase thongs for young adults, toys like "dolls" wearing thongs, dressed like hookers. For Halloween you can purchase outfits for your toddlers and dress them as hookers. In strip bars the strippers dressed as school girls. Some parents started to take their children for Botox shots at a very early age, young adults now can have cosmetic surgery to increase their breast size, some parents teach their toddlers to dance seductively, they purchase the kind of clothes that make them look older or they have the "Playboy bunny" imprinted on them, I know a mother of a three year old that when she went out for a smoke allowed her three year old to come out in the public just in her diaper. The mother did not see anything wrong with that but her 9 year old had more sense than the mother and told her not to do that because there could be pedophiles in the neighborhood.

Pop stars have a great influence on our children and on some parents, here is what Rihanna the Pop star stated "The music industry is not exactly Parents R Us."

And she also stated "We have the freedom to make "art". The PTC criticized Rihanna after she appeared with Britney Spears in very skimpy bondage gear and they kissed each other.

Ex boyfriend Chris Brown was convicted of assaulting Rihanna three years ago; now they are reports that they are secretly dating.

Wake up parents - these are the idols of our children and the only thing that they are learning from them is sexual flexibility with both sexes, and to be the recipient of violence. And extend the olive branch for the next round.

These people are not idols - they are in the public eye to make millions at our expense and at the expense of serving as the toxic influence for our children.

I love music but I am tired of singers calling women "bitches" and depicting of them as whores and then if you happen to watch the videos, the women are acting exactly as they are being described. It just makes me sick.

I know of a woman in her 40s that describes herself as the "bitch" of her boyfriend. I can not believe a person would degrade herself to that level. While this is a clear reflection of how they feel about themselves, it is obvious that as mothers they are not able to protect their children as they should. Their permissive attitude is very concerning.

A powerful parents group is BLASTING the people behind the TLC reality show "Toddlers and Tiaras" -- after a parent dressed a 3-year-old girl as a prostitute for a beauty pageant. Now-a-days are we glorifying the trade of prostitution and training toddlers for the job?

For Halloween you can purchase outfits for your toddlers and dress them as hookers. In strip bars the strippers dress as school girls.

Last month, a four-year-old contestant appeared on the US reality show 'Toddlers and Tiaras' wearing a padded bra. Her mother also gave her a padded bottom and made her wear a peroxide wig in an attempt to make her look like Dolly Parton. I am disgusted by this mother - the glitter is blinding the common sense of these parents.

And Jessica Simpson has her four month old baby photographed wearing an itty-bitsy yellow bikini!

But the Parents Television Council is livid -- claiming, "We have a serious problem when a network formerly known as The Learning Channel features a toddler, who probably hasn't even learned to read, dressed as a prostitute showing off her sexy strut."

All of this is playing into the hands of Pedophiles, who are already claiming that child pornography should be legalized. This is a very profitable industry that uses children in the utmost inhumane and degrading forms to attain their fortunes.

Nambla de club for Pedophiles would like to have sex with children to be made legal. There has been the odd psychiatrist that has come forward to advocate redefining pedophilia in the same way homosexuality was redefined several years ago. The director of the Notebook movie questioned that if people in the same sex could get mar-

ried why not have legalized incest?

The fact is that pedophiles are heading industries and corporations and they are very good at keeping secret that their preference for having sex with innocent children.

Those whose secret got out are often tried in a court of law, but not always convicted. And if they are convicted the sentences are laughable. Whether they are technically guilty or not, you should never discount the danger every pedophile poses to a child.

Research shows that 1 in 3 girls and 1 in 6 boys will have sexual contact with an adult. It is not unlikely that your child will be in the depraved sights of a predator.

Can you identify a pedophile?

Maybe. The profile of a pedophile is hard to detect. They are CEOs. They are homeless beggars. They are friends, neighbors, teachers, priests, aunts, uncles, mothers, fathers... educators, cousins, boy Scout leaders, they are trusted people that interact with children daily.

I wonder how many more parents are encouraging their little girls to grow up too quickly. Television, magazines, music and clothing are already sexualizing children, so when mothers start joining in, then things have just gone too far!

Some people will view all of these as harmless - but sleazy and demeaning messages are not a passing trend. Not only do they undermine women's fight for respect and equality, the accumulative effect is damaging. Girls are being prevented from reaching their full potential because they are being conditioned into believing they are not clever and to focus on appearance, boys, and sex. Why are parents buying into these stereotypes? If we don't stop now, the obsession with looks will lead to problems later such as body image dissatisfaction, wanting plastic surgery, eating disorders, low self esteem and depression. If kids are looking and behaving like mini adults, then they are also more likely to engage in sexual behavior at an earlier age. What is next? Drinking and drugs?

If this does not wake us up as parents to start intervening and enforcing the protection of our children, I fear for every child in existence.

Before we look at ways to protect our children from sexualizing messages from the media, we must start with ourselves to see if perhaps we have propagated this damaging message in some way by the movies we watch with our children, the music that we listen with our children, etc.

Adults need to know when a child's sexual expression is normal and developmentally appropriate, and when it has crossed the boundary into the realm of problematic behavior. The ability to support the healthy sexual growth and development of children is an important task for parents, teachers, and other professionals who work with them.

Stand up and speak out. We need the protection of our government in order to be able to retain the dignity of our children; children also have human rights and they must be respected. They are no objects to be used.

Commercialism is done with the sole purpose of selling and is not interested in the moral views of parents; it is up to us to speak out. From Hooters girls to Penthouse Pet, we need to take personal responsibility to "ensure" that our children have the opportunity to grow up with dignity and the human rights that our innocent children rightly deserve.

Let's stop the exploitation of children in any form.

By Maria B.

Edmonton Community Groups that serve meals

Bissell Centre
10527-96 Street 780-423-2285

Inner City Pastoral Ministry
10527 - 96 Street
Lunch (sandwiches, fruit, veggies and desserts) Sunday noon to 1 p.m. after the church service.
Monday to Thursday
10:30 a.m. - sandwiches
Tuesday and Friday
noon - hot lunch for women
Friday 9:45 a.m. - sandwiches

Christ Church 12116-102 Avenue
780-488-1118
3rd Saturday of the month 5:30 meal
39-95 Street
Daily -5:00 p.m. snacks 8:00 p.m. meal

Lighthouse Ministries
3010-119 Avenue 780-423-1277 or
780-474-8086
Wednesday and Sunday 1:00 and 7:00 p.m. meal

Hope Mission 780-422-2018
Daily 7:00 to 7:45 a.m. -breakfast
Noon - lunch 5:00 to 6:30 p.m. - supper

All Saints' Anglican Cathedral
10035 - 103 Street 780-428-6323
Thursday 12:45 p.m., Lunch
Friday 7:30 - 9:30 a.m.,
Breakfast (November to March)

Marian Centre
10528-98 Street
780-424-3544

Daily except Wednesday
12:00 to 12:45 p.m. meal
Closed from the 27th of each month to re-open the 1st of next month

The Mustard Seed
10636-96 Street 780-426-5600
Monday to Friday 7:00 to 8:00 supper
Zero tolerance of alcohol

Operation Friendship
9526-106 Avenue 780-429-2626
Monday to Friday 9:00 a.m. breakfast
Monday to Sunday 12:00 noon lunch 5:00 p.m. supper for seniors 55 and over only

Red Road Healing Society
4225-118 Avenue 471-3220
Tuesday and Thursday 5:00 p.m. meal
Friday - 12:00 to 1:00 soup and bannock

Robertson Wesley United Church
10209 - 123 Street 780-482-1587
Second Saturday of each month 5:00 p.m. meal

Sai Sadam
9619-101 Avenue upstairs
Wednesday - 6:00 p.m. meal

Salvation Army
9620-101A Avenue 780-242-9222
7:00 to 9:00 p.m. - lunch
Monday and Friday 83 Avenue -104 Street (parking lot)

St. Peter's Lutheran Church
9606 - 110 Avenue 780-426-1122

Tuesday, Wednesday and Thursday
7:00 to 9:00 a.m. breakfast

St. Faith's Anglican
11725-93 Street - parish hall 780-477-5931
Thursday - 12:30 p.m. soup
Saturday - 8:30 to 10:00 a.m. breakfast
3rd Friday of the month - 7:00 supper

Victory Café and Soup Bar
13411- Fort Road
Monday - 5:30 to 6:45 meal

Edmonton Orthodox Reformed Church
11610 - 95A St.
Info: Pete Wright - 479-1860
www.orcure.org
Thursdays 6:15 Soup & Study

B's Diner
100 Street and Whyte Avenue
Wednesdays 1 to 3 p.m. meals

Jasper Place Health and Wellness Centre
15210-Stoney Plain Road meals
Tuesdays 6 to 7 p.m.

Boyle Street community Services
7:00 a.m. daily - breakfast
11:30 daily - lunch

Please call Alberta Street News if you want your group added to this list or if there have been changes that should be made.
Call Linda at 780 428-0805
or email dumontic@hotmail.com

Meals & Food Resources in Calgary

Drop-In Centre 1, 4th Avenue SE
All clients of The DI may access meal services.
Meals and snacks are provided at no charge to anyone in need. Food service is offered on the 2nd Floor daily, 365 days a year.
Clients who are unable to attend regular meal service due to work or school commitments, or other verifiable appointments can receive a bagged lunch.
Bagged lunches can be arranged by request to any staff person, or through the Day Office located on the 2nd Floor.
Meal Schedules
Breakfast - 7:00 a.m.
Snack - 9:30 a.m.
Lunch - 12:00 p.m.
Snack - 3:30 p.m.
Dinner - 6:00 p.m.

Center of Hope 420- 9th Avenue SE
Free for clients
Open to public for small charge
Breakfast: \$2.50
Lunch: \$3.00
Dinner: \$4.50

Emergency Meals (24 & Under)
EXIT Community Outreach
117-7th Avenue SW, Calgary
403-262-8953
Sunday 1:00 pm -5:00p.m.

Emergency Meals - Youth EXIT Youth Shelter
11216 Ave NE, Calgary
7 days/week - 4:00 pm - 9:00 p.m.

Community Supports
Streetlight - Youth for Christ
Parks at 10th ave & 1 st Street SE
Monday & Thursday

Emergency Meals
Alex Community Health Centre
Unit 101, 1318 Centre Street NE
403-266-2622
Thursdays Only -10:30 a.m.
Food Bank
Calgary Inter-Faith Food Bank
403-253-2055

Food Hamper
NeighbourLink Calgary
403-209-1830

Food Bank
Calgary Inter-Faith Food Bank
403-253-2059

Food Bank
Calgary Poppy Fund and Veterans
Food Bank
Monday - Friday 10:00 am - 3:00 pm

Food Bank
Muslim Families Network Society: Halal Food
403-486-8367
www.MuslimFamiliesNetwork.com

Food Hamper
St. Edmund's Anglican Church
8336-34th Ave NW
Monday & Thursday
09:00 am - 12:00 Noon

Community Meals
Inn from the Cold
403-263-8384

Emergency Food
CUPS (Calgary Urban Project Society)
128-7th Avenue SE

Food Hamper & Meals
Feed the Hungry, St. Mary's Cathedral
Sunday Dinner
3:30 pm - 5:00 p.m.

Meals on the street outside City Hall
Calgary Street Church
Monday - 6:00pm,
Wednesday -11:00a.m.
Friday - 6:00pm Sunday -1:00 p.m.



IRONHEAD
GOLF & COUNTRY CLUB
40 MIN. WEST ON HIGHWAY 16

Box 69, Wabamun, Alberta T0E 2K0
Pro Shop 780 892-4653 Lounge 780 892-2909

Experience the Challenge
Two players and a Cart - \$84

Art from the Unknown

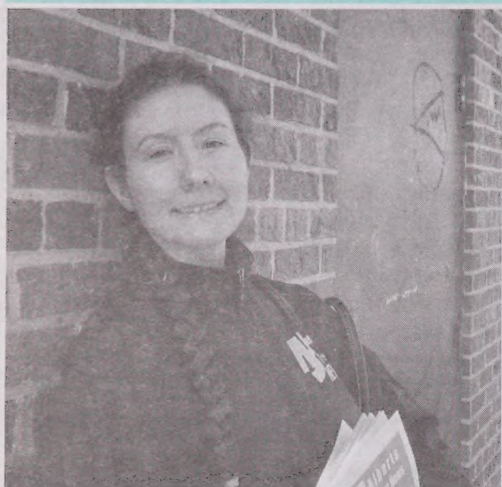
Art by new and emerging artists!
at Old Strathcona Centre for the Performing Arts

8426 - Gateway Boulevard
Friday, October 26, 2012 - 6:00 p.m. - 10:00 p.m. - Opening Night Reception w/ Live Music
Saturday, October 27, 2012 - 9:00 a.m. - 8:00 p.m. - and Saturday, October 28, 2012 - 11:00 a.m. - 3:00p.m. - General Gallery

Karen Leibovici
Councillor, Ward 5

2nd Floor,
1 Sir Winston Churchill Sq.,
Edmonton, AB T5J 2R7
Phone: 496-8120 Fax: 496-8113
Email: karen.leibovici@edmonton.ca





Saying For The Day - You Just Never Know

You never know when your time is up! You never know if today could be your last. You never know when you are going to lose a friend or loved one? You never know when you could become homeless.

This is probably the hardest thing I ever had to write - an article on the passing of a person whom I've known for the past 35 yrs. (Lorna) my soul mate, my best friend, the love of my life. It is super hard for me to go on writing. I miss her more than anyone could imagine, to me anyway. Lorna, I'll love you always.

Just Want To Say Thanks

Thanks to all those persons in Kensington and elsewhere who helped me get through these trying times after the loss of my common law wife Lorna. I miss her. Also wanted to say thanks to all the members and staff at Self Help down on 7th. Ave. SW for their support as well. Also appreciate their care, love and friendship that they had for her. (I'll miss our pizza nite) . Thanks to all

for all your support and kindness.

Good-Bye

Lorna, the hardest thing I ever had to say to you is good bye for the very last time, and how much I love you and how much I'll miss our pizza nites. How much I'll miss your voice. It's so painful knowing when I come home you won't be there. You're free now up in heaven!

I Wish

I wish I could have paid more attention to her. I wish I hadn't come home so late. I'll never hear her voice again, makes me even more sad. I'll never hear those words from her again - what do you want for supper? Every where I go just makes me sad.

Last Say for the Day - It Will Never Be The Same

Don't know how much longer I want to be without her in this world. Used to like coming home, could hardly wait. Now I dread it! Used to like the road I took with my bike, now I dread it

Don't know where, Don't know what, Don't know

Can't barely see past my nose. Feel lost and discontented. Wherever I am doesn't feel real, feels like a dream. Nothing here in this apartment has meaning anymore. It's a day to day struggle just to keep myself from ending my life.

How can I go on - How will I manage?

How will I get through even another day without her, even another minute? When I'm out in Kensington it's hard for me because every so often I'd meet her halfway because I forgot something at home, like my lunch or keys. Meet me down by Petro Can or halfway she'd say. I'd get on bike and often meet her along 14 street, just a couple of blocks from our apartment. She was a pretty fast walker. She loved to walk. I once loved to bike.

Every Day - Every Corner

Every corner I turn I look for her. Every

waking minute I think of her. I feel so lost without her. I ache inside because I miss her so much. I wish I could have said to her more often, how much I cared for her, said I Love You more often to her, not even one moment take our relationship for granted. Things I could have said I could have said more often.

I never wanted to be single - How can I be single?

How can I be single after 35 years? This coming Feb. would've been 36 years since I met Lorna back in New Westminster. She was the best thing I ever had. How can I be single again when I have no clue! I feel so dead inside. I just exist now. Very little life in me. Have so much pain in me it really hurts sometimes! I don't think I can go on without her! We were a team, 2 in 1. Can't imagine living without her. We met in New Westminster back in 1977 (Jan), had one daughter together, Lori Anne, born Nov. 1997. I feel like a part of me is missing, I don't know how I'll go on, but I'll give it my best shot! Not easy for me because I'm an emotional person. I was single back in 72' when I split up with my wife, Annie. That was bad enough, that hurt. Five years later I met Lorna, was never so happy! Just can't take being alone. My friends mean well, I appreciate that!! Just can't stand the pain, the guilt, the hurt. Don't know where I'll go from here, or even where I'll be in a month. Just don't wanna be on the street or in a shelter.

Last Word

Don't know what's going to happen to me since my common law passed away at home on the morning of Aug. 24th. at around 5:00 a.m. It has been no picnic! Haven't been eating much, a sub Sat. morning. Who knows - I may be on the street (or) in some shelter, Hard to sleep.

By Robert Champion